

Commissioned by Sedgwick Middle School, West Hartford, Connecticut

# How Can I Keep From Singing?

for SA(T)B Chorus and Piano

Quaker Hymn (c. 1800)

arranged by Gwyneth Walker

**♩ = 108 with energy and celebration**

Soprano  
Alto

Tenor (opt.)  
Bass

**♩ = 108 with energy and celebration**

Piano *mf*

*poco Ped ad lib.*

4

*mf*

My life flows on in end-less song a -

My life flows on in end-less song a -

7

bove earth's la - men - ta - tion. — I hear the real though

bove earth's la - men - ta - tion. — I hear the real though

10

dis-tant song that hails a new cre-a-tion.

dis-tant song that hails a new cre-a-tion. Through

14 A

all the tu-mult and the strife I hear the mus-ic ring-ing.

It

18

sounds an e-cho in my soul, how can I keep from

how can I keep from

21

*f*

sing - ing? \_\_\_\_\_

*f*

sing - ing? \_\_\_\_\_

23

*mf*

What

*p* delicately

25 **B**

though the tem - pest loud - ly roars,

*f*

I hear the

*p*

*p*

\* *sim.*

27

*f* I hear the truth, it's liv - ing! \_\_\_ *mf* What

truth, it's liv - ing! \_\_\_

*p sim.* 5 5 5 5

29

though the dark - ness round me close, *f* songs in the

(*p*)

31

*f* songs in the night it's giv - ing! \_\_\_ *mf* No \_\_\_

night it's giv - ing! \_\_\_ *mf* No \_\_\_

33 C

storm can shake my in-most calm while to that rock I'm cling - ing. — *(mf)*

storm can shake my in-most calm while to that rock I'm cling - ing. — Since *8va*

Slightly slower (♩ = 88)

37

that love a - bides, — *p* how can I keep, *p*

I be-lieve that love a - bides, — *(p)* how can I keep, how can I

Slightly slower (♩ = 88)

41

*accel.* how can I keep from sing - ing? — *f* a tempo ♩ = 108 *p* la la la

can I can I keep from sing - ing? — *f*

*accel.* a tempo ♩ = 108

44 **D**

la la la la la la la la la la la la la la la

*p*

*p*

*sim.*

46

la la la la la la la la la la la la la la la

la la la la la la la la la la la la la la la

48

la la la la la la la la la la la la la la la how can I

la la la la la la la la la la la la la la la how can I

50

keep, how can I keep, how can I can I can I keep? When

keep, how can I keep, how can I can I can I keep? When

*f*

*f*

*f*

52 **E**

ty - rants trem - ble when they hear the bells of free - dom

ty - rants trem - ble when they hear the bells of free - dom

55

ring - ing. When friends re-joice both far and near, how can I

ring - ing. When friends re-joice both far and near,

58 F

keep from sing - ing? \_\_\_\_\_

how can I keep from sing - ing? \_\_\_\_\_ In pris - on cell, in

*mf*

61

When

dun - geon dark, our thoughts to them are wing - ing. — When

*mf*

64 **Slightly slower** ♩ = 88

friends hold cour - age in — their — heart, \_\_\_\_\_

friends hold cour - age in — their — heart, \_\_\_\_\_ how can I

**Slightly slower** ♩ = 88

*p*



67 *p* *accel.* **a tempo** ♩ = 108

how can I keep, how can I keep from sing - ing? \_\_\_\_\_

keep, how can I can I can I keep from sing - ing? \_\_\_\_\_

*mf* *f* **a tempo** ♩ = 108

70 **G** *p*

la la la la la la la la la la

72

la la la la la la la la la la la la la la la la

la la la la la la la la la la la la la la la la

74

la la la la la la la la la la la la la la

la la la la la la la la la la la la la la

*p* *f* *rit.* \* *rit.* \*

76

la la la la la how can I keep, how can I keep, how can I

la la la la la how can I keep, how can I keep, how can I

*p* *f*

78

can I can I keep? No storm can shake my in-most calm while

can I can I keep? No storm can shake my in-most calm while

*f* **H** *f*

81

Slower ♩ = 88

to that rock I'm cling - ing. I be -

to that rock I'm cling - ing. Since I be - lieve

Slower ♩ = 88

84

I be - lieve that

lieve that love a

that love a

86

*p* bides,

*p* bides, (*p*) how can I

*p*

*p*

*p*

*p*

88 *(p)* *accel.*

how can I keep, how can I keep how can I

keep, how can I can I can I keep how can I

*Red.* \* *Red.* \* *sim.*

90 *a tempo* ♩ = 108 *f*

can I can I keep from sing - ing?

can I can I keep from sing - ing?

*a tempo* ♩ = 108 *f*

92 *p* **I**

la la la la la la la la la la

*p*

*Red.* \*

94

la la la la la la la la la la la la la la la la la la

*p*

*sim.*

96

la la la la la la la la la la la la la la la la la la

*accel. to end*

*5*

*accel. to end*

98

la la la la la how can I keep, how can I keep, how can I

la la la la la how can I keep, how can I keep, how can I

*5*

100

can I can I keep from sing - ing, sing - ing,

can I can I keep from sing - ing, sing - ing,

102

sing - ing, sing - ing, sing - ing, sing - ing,

sing - ing, sing - ing, sing - ing, sing - ing,

104

sing - - - - ing!

sing - - - - ing!

8va ...

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